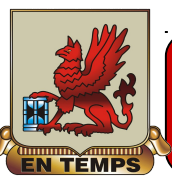


Logistics Task Force 28



Stress Management Combat Stress Control

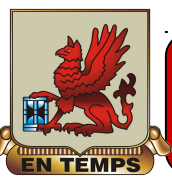


Logistics Task Force 28



OVERVIEW

- **DEFINITION**
- **STRESS BEHAVIORS**
- **STRESSORS**
- **COMBAT STRESS CONTROL PROGRAM**



Logistics Task Force 28



COMBAT STRESS

- The mental, emotional or physical tension, strain, or distress resulting from exposure to combat and combat-related conditions



Logistics Task Force 28



PHASES OF ADAPTATION TO COMBAT

- **The Experienced Veteran**
 - **An experienced Soldier gains confidence in his skill, comrades, and leaders. The stage of alarm becomes mostly anticipation**
- **Sustainment of Optimal Combat Skills**
 - **Combat skills and high stress tolerance are maintained when frequent successful combat actions occur**
- **The Overstressed Veteran**
 - **If the unit suffers many casualties, however, and the chance of surviving a long war seems poor, the experienced Soldier's combat performance begins to decline**

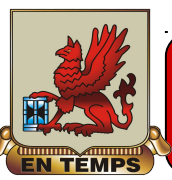


Logistics Task Force 28

COMBAT STRESS BEHAVIORS



- **Positive Combat Stress Behaviors**
 - Heighten Alertness
 - Strength/Endurance
 - Positive Unit Bonding
- **Misconduct Stress Behaviors**
 - Breach of unit orders minor to major
 - Breach of law of land warfare
- **Battle Fatigue**
 - Irritability, anger, rage
 - Inattention
 - Impaired duty performance



Logistics Task Force 28



ANXIETY:

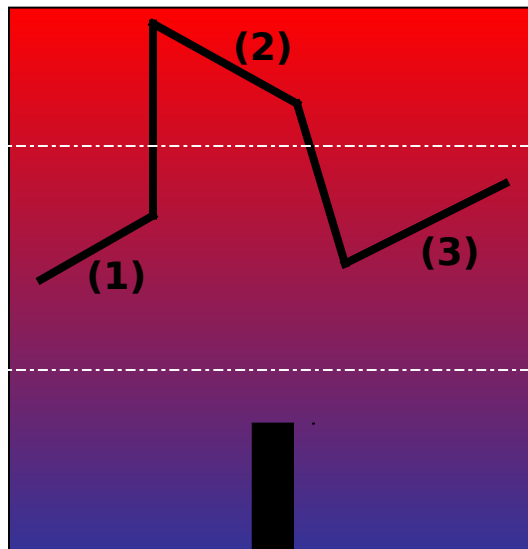
Y:

HIGH

MID

LOW

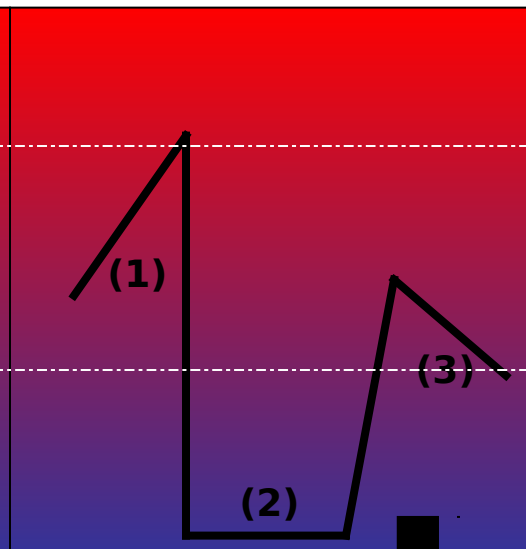
SOLDIER IN FIRST BATTLE



BATTLE ACTION:

1. Mid pre-battle anxiety: worried about unknown
2. High fear in battle: trouble doing job, feels incompetent
3. Rapid relief over surviving

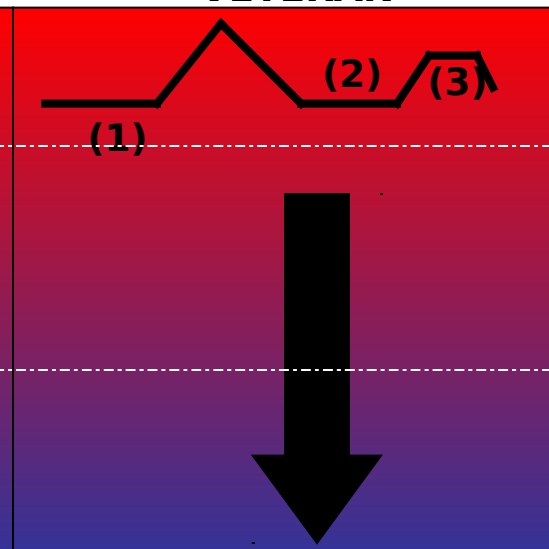
EXPERIENCED VETERAN



BATTLE ACTION:

1. Mid/High pre-battle anxiety: knows the risk
2. Low fear in action: concentrates on job skills
3. Rebound anxiety: looks back, sees close calls

OVERSTRESSED VETERAN



BATTLE ACTION:

1. High pre-battle anxiety: dreads the risk
2. High fear in action: unable to control stress, awareness of risk
3. High rebound anxiety: preoccupied with close calls and guilt that others were killed



Logistics Task Force 28



RECOGNIZING COMMON REACTIONS TO COMBAT STRESS

(1 OF 2)

PHYSICAL	MILD STRESS	EMOTIONAL
TREMBLING		ANXIETY, INDECISIVENESS
JUMPINESS		IRRITABILITY, COMPLAINING
COLD SWEATS, DRY MOUTH		FORGETFULNESS, INABILITY TO CONCENTRATE
INSOMNIA		NIGHTMARES
POUNDING HEART		EASILY STARTLED BY NOISE, MOVEMENT, LIGHT
DIZZINESS		TEARS, CRYING
NAUSEA, VOMITING, DIARRHEA		ANGER, LOSS OF CONFIDENCE IN SELF AND UNIT
FATIGUE		
“THOUSAND-YARD” STARE		
DIFFICULTY THINKING, SPEAKING, COMMUNICATING		



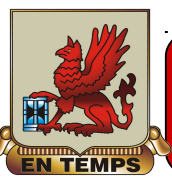
Logistics Task Force 28



RECOGNIZING COMMON REACTIONS TO COMBAT STRESS

(2 OF 2)

PHYSICAL		SEVERE STRESS	EMOTIONAL	
CONSTANTLY FIDGETS			TALKS RAPIDLY AND/OR INAPPROPRIATELY	
FINCHES AND DUCKS AT SUDDEN SOUND OR MOVEMENT			ARGUMENTATIVE; ACTS RECKLESSLY	
SHAKES, TREMBLES			INDIFFERENT TO DANGER	
CANNOT USE PART OF BODY FOR NO APPARENT PHYSICAL REASON			MEMORY LOSS	
INABILITY TO HEAR, SEE, OR FEEL			STUTTERS SEVERELY, MUMBLES OR CANNOT SPEAK AT ALL	
IS PHYSICALLY EXHAUSTED, CRIES			INSOMNIA; SEVERE NIGHTMARES	
FREEZES UNDER FIRE OR IS TOTALLY IMMOBILE OR PANICS AND RUNS			SEES/HEARS NONEXISTENT THINGS	
STARES VACANTLY, STAGGERS OR SWAYS WHILE STANDING			HAS RAPID EMOTIONAL SHIFTS	
			SOCIALLY WITHDRAWN	
			APATHETIC	
			HYSTERICAL OUTBURSTS	
			FRANTIC OR STRANGE BEHAVIOR	



Logistics Task Force 28



**OK, I know the signs and some of the
causes...**

Now What?



Logistics Task Force 28



STRESS MANAGEMENT TECHNIQUES

- Be decisive and assertive; demonstrate competence and fair leadership
- Provide sleep and/or rest, especially during continuous operations, whenever possible
- Ensure sleep for decision making personnel
- Set realistic goals for progressive development of the individual and team
- Systematically test the achievement of these goals
- Recognize that battle duration and intensity increase stress
- Be aware of environmental stressors such as light level, temperature, and precipitation
- Recognize that individuals and units react differently to the same stress

Unclassified FOUO

AS OF 1700 28 DEC 05

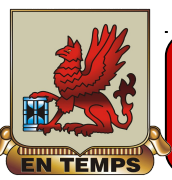


Logistics Task Force 28



PERFORMANCE DEGRADATION PREVENTATIVE MEASURES

Every Soldier, team, and unit must learn to effectively sustain performance in continuous operations. This requirement applies especially to leaders



Logistics Task Force 28

PRATICAL EXERCISE



- **Break into groups**
- **Identify behaviors**
- **Identify stressors**
- **Determine leader actions to control stress**
- **Brief findings to group**



Logistics Task Force 28

SUMMARY



- **Definition**
- **Behaviors**
- **Stressors**
- **Leader Actions**